

# Level 2: Bridging<sup>®</sup> Applications

Learn a comprehensive process to identify and reset the effects of trauma from medical procedures and injuries — so clients and patients can move more easily and with less pain.



## Course Objectives

- Assess and reset the diaphragm's structural and regulatory role
- Identify and support movement disruption caused by common medical procedures, injuries, and accidents

### Solve Complex Complaints Quickly

Even the simplest patient/client has a complex background but may not remember or think the events are relevant. Using the systems-based problem-solving process you'll have a consistent process to identify a starting point and how to progress from there.

### Uncover the Over-looked Aspects of Medical Procedures

Healed is not the same as back to normal. There are predictable muscle traumas and movement disruptions from the process of medical interventions. These range from arms impacted by IV's and Picc lines, to minimally invasive procedures, and immobilizations. You will learn a process to systematically identify and reset the impacted relationships.

### Find the Missing Aspects of Injuries Which Still Cause Issues

Injuries often have overlooked components because we remember what hurt the most, or that we shook it off so nothing happened. You will learn a process to identify and reset both the observable and hidden disruptions of movement from common accidents and injuries.

### Understand the Central Role of the Diaphragm

The central muscle of the body is underappreciated for its structural and regulatory role in the body. Because the diaphragm is a connector of the upper and lower body, many injuries and illnesses can disrupt its function. When the diaphragm movement is affected, there are associated consequences in other parts of the body. You will learn how to assess and reorganize these profound movement relationships.

“  
Bridging helps connect people to their core and their midline better — and that in itself can help with a lot of extremity pain or an overarching pain. That core connection really helps.”

— Shiralee P. (PT)

“  
It's a good whole-body system. You can do a quick assessment — and you'll get a lot of value from that assessment.”

— Kate K. (PT)



# Level 2: Bridging Applications Course Content & Format

## Module 1

### Diaphragm

- Structural Connectivity to movement
- Problem-solving and reset specifics
- Common movement disrupters

## Module 2

### Medical Procedure Movement Disrupters

- Common procedural disruptions
- Ancillary aspects to consider
- Process and timeline for resets

## Module 3

### Injury Related Movement Disrupters

- Common accidents and injury implications
- Inferential problem-solving process
- Hierarchy of resets with complex cases

### Each module includes:

<b>Mini-lessons</b>	2 hours total	Video	A series of five-minute lessons to explain module concepts and show basic reset and assessment principles.
<b>Workshop</b>	6 hours	In-person streaming video	Video pre-work of the workshop focus. You will be able to observe, practice, experience new skills, including time for discussion and feedback.
<b>Discussion</b>	1 hour	Zoom, video	Post-workshop time for discussion, questions and sharing as you integrate new learning into your daily practice.
<b>Quiz</b>		Online	Brief quiz to demonstrate knowledge of key concepts.

## Course Information

**Dates:** see the Professional page on the website

### Workshop location:

900 Skokie Blvd., Suite 115, Northbrook, IL

**Fee:** \$925

### What you need to wear and bring:

comfortable clothes, lunch and drinks.

**Pre-requisites:** A certification or license in a professional field related to movement. Completion of the Bridging Education Application, and a signed participant agreement.

### Continuing Education Credits

The Bridging Institute is an approved IDFPF CE Sponsor (224.000166-OT and 216.000297-PT). Each course is approved for 27 contact hours. This course is not intended for the use by participants outside the scope of their license or regulation.

### Cancellation and Refund Policy

If a course is cancelled by The Bridging Institute, it will be re-scheduled. If it is not rescheduled, all fees will be refunded within 2-4 weeks. Refund policy for withdraw from the course is as follows:

- More than two weeks prior to the start of the course: Full refund minus a \$25 processing fee.
- Less than two weeks prior to the start of the course: 50% refund minus a \$25 processing fee.
- Application of course fees to a future date. This must be scheduled within a year of the original course.

Cancellation or withdrawal notification must be provided in writing via email. An email acknowledgment will be sent to confirm.

### Cara Lindell

**Founder, Bridging<sup>®</sup>  
Institute & Technique**

Ms. Lindell will lead the theory and problem-solving portion of the workshop.



### Becki Logan

**Certified Bridging<sup>®</sup>  
Specialist**

Ms. Logan will guide the experiential portion of the workshop. Various Bridging professionals will also assist in the courses.



### Registration

Via the Education page on the website, or scan the QR code.